

August 2022 Home Delivered Meals Cold Menu

a LifePath and Albany County Department for Aging Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 SWISS CHEESE SANDWICH	2 EGG SALAD SANDWICH	3 ROAST BEEF SANDWICH	4 CHICKEN SALAD PLATE	5 HAM SANDWICH	6 COTTAGE CHEESE WITH HARD BOILED EGG	7 TURKEY SANDWICH
8 ROAST BEEF SANDWICH	9 SOUTHWESTERN CHICKEN & ORZO SALAD	10 TUNA SALAD SANDWICH	11 TURKEY SANDWICH	12 EGG SALAD SANDWICH	13 CURRY CHICKEN SALAD SANDWICH	14 SWISS CHEESE SANDWICH
15 TURKEY SANDWICH	16 HAM SANDWICH	17 TUNA SALAD SANDWICH	18 BLT PASTA SALAD WITH CHICKEN	19 MEATLOAF SANDWICH	20 CHICKEN SALAD SANDWICH	21 COTTAGE CHEESE WITH PEACHES
22 EGG SALAD SANDWICH	23 TUNA SALAD SANDWICH	24 COTTAGE CHEESE WITH HARD BOILED EGG	25 CURRY CHICKEN SALAD SANDWICH	26 SILCED HAM & SWISS CHEESE SANDWICH	27 ROAST BEEF SANDWICH	28 BLT PASTA SALAD WITH CHICKEN
29 HAM & SWISS CHEESE SANDWICH	30 MEATLOAF SANDWICH	31 ROAST BEEF SANDWICH	<p>All meals provide ½ pint 1% milk, bread and butter spread, appropriate starch and vegetable, and dessert. Lower sodium, no added salt products used. Whole wheat and other whole grain products used. Most fruits in juice or unsweetened. Most items are subject to last minute substitutions.</p>			